

RESOURCES ON ADOLESCENT DEVELOPMENT, PART II

Adolescent Family Life Program / Adolescent Sibling Pregnancy Prevention Program

WEB RESOURCES

1. **Inside the Teenage Brain: What's going on in there? How science can help explain the mysteries of the teen years (Website and Video, 2002)**

Producer: PBS's Frontline

Access transcripts, ordering information, and other links at

<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

Cost of Frontline PBS segment: \$59.95 (see also below)

This website highlights the PBS segment on teen brain development that was aired on January 31, 2002. All transcripts are made available on the website as well as links to interviews with experts and a variety of articles about teen brain anatomy and functioning. Please be sure to look under the section, "A Teen Brain is a Work in Progress." One particularly good article is called, "One Reason Why Teens Respond Differently to the World: Immature Brain Circuitry," which addresses possible reasons behind risk-taking behaviors.

It should be mentioned that another presentation of this information is made in a video distributed by PBS called, "Secret Life of the Brain—Part 3: The Teenage Brain: A World of Their Own." It is part of a five-part series covering brain development and functioning of baby, child, teen, adult, and the aging. Entire series is \$59.98 (3 DVDs) or \$79.98 (5 videos); individual videos are \$19.98 each at Shop PBS

(<http://www.shop.pbs.org>).

PATIENT EDUCATION MATERIALS

2. **Bright Futures Family Tip Sheets (Information sheets, 2001)**

Distributor: National Center for Education in MCH (<http://www.brightfutures.org>)

Contact information: (703) 524-7802

Reading level: Elementary

Readability: Medium

Cost: FREE online at <http://www.brightfutures.org/Tipsheets/> or available for purchase at \$10.00/set

These tip sheets were designed to help families promote the health and well being of their children by providing them with information about child safety, child care, physical activity, and their child's social, physical, and emotional development.

3. **Choices: A Suicide Prevention Program (Video)**

Distributor: The Bureau for At-Risk Youth (<http://www.at-risk.com>)

Contact information: 135 Dupont Street, P. O. Box 760, Plainview, New York 11803-0760 (800) 999-6884

Duration: 18 minutes

Cost: \$99.95

This is a very well-made and thought-provoking video that takes a deeper look into the issue of suicide among young men and women. It tells a story of an at-risk youth who is contemplating suicide, and interwoven with the story are interviews of teens who have experienced depression, loneliness, low self-esteem, problems with body image and sexual orientation, and who have attempted suicide. A facilitator's guide accompanies the video. Information in this video may help professionals understand the underlying emotional state of teens at risk for depression and suicide. Once emotional issues have been identified, providers can design appropriate interventions and offer help to teens. Highly recommended.

4. **E.T.C. Eating, Teens, and Calcium (Video, 1999)**

Distributor: InJoy Productions (<http://www.injoyvideos.com>)

Contact information: (800) 326-2082

Duration: 10 minutes

Cost: \$79.95

This well-made, 10-minute video encourages pregnant teens to include more calcium rich foods in their daily diets. It helps them understand the extra need for calcium to build strong bones for themselves and their babies. Video discusses how calcium is absorbed and what osteoporosis is and how to prevent it. The emphasis is not only on dairy sources of calcium, but also on other delicious non-dairy calcium rich foods that are easy to prepare. This can be a valuable resource for those who are lactose intolerant or for teens that choose to exclude dairy foods from their diets for other reasons. This video can be used successfully within any teen pregnancy programs or as part of nutrition workshops targeted towards teens. It may also help case managers to counsel teens on nutrition and the importance of maintaining their calcium intake.

5. **The Parent Package (Information sheets, 2001)**

Distributor: American Medical Association <http://www.ama-assn.org>

Contact information: (312) 464-5000

Reading level: 7th grade

Readability: Easy

Cost: FREE online at <http://www.ama-assn.org/ama/upload/mm/39/parentinfo.pdf>

This kit was developed to help physicians share information about adolescents with parents. It includes a series of handouts called, “Points for Parents...” and discusses a variety of topics such as growth and development, sex, alcohol, drugs, nutrition, physical activity, injuries, responsible decision-making, and immunizations.

- **Points for Parents about Teenage Growth and Development: 11-14 years**
- **Points for Parents about Teenage Growth and Development: 15-17 years**

Parents receive factual information about teens and their physical, intellectual, social, and emotional development. Tips for parents and resources are listed. Health care providers can also use this information to assess the stages of development in adolescence.

6. **Tips for Professionals who work with GLBTQ Youth (Information sheet)**

Distributor: Parents, Families, and Friends of Lesbians and Gays (<http://www.pflag.org>)

Contact information: (202) 467-8180

Cost: Free online at http://www.pflag.org/publications/Tips_youth.PDF

Reading level: High school

Readability: Easy

Summary: This info sheet offers 12 tips to health care providers and educators working with gay, lesbian, bisexual, transgender or questioning youth. These tips can help the provider understand the challenges faced by GLBTQ youth, to be supportive, and offer resources and referrals to promote their health and well being.

7. **Understanding Adolescence (Booklet series, 2001)**

Author: Daniel F. Perkins, Pennsylvania State University

Contact information: Publications Distribution Center, (814) 865-6713

Reading level: College

Cost: FREE online at <http://pubs.cas.psu.edu/families.html>, or order through the Publications Distribution Center. Ordering information at <http://pubs.cas.psu.edu/Catalog.html>

Although this three-part series is written at a higher reading level, professionals working with teens can effectively use the information it provides. The first publication in the series, **A Time of Change**, explores the biological changes that occur during adolescence (<http://pubs.cas.psu.edu/freepubs/pdfs/ui356.pdf>). The second publication, **Searching for Themselves**, explores the major questions adolescents face as they search for themselves (<http://pubs.cas.psu.edu/freepubs/pdfs/ui357.pdf>). The third part, **The Tasks**, explores the developmental tasks adolescents must accomplish as they mature (<http://pubs.cas.psu.edu/freepubs/pdfs/ui358.pdf>).

BOOKS AND HANDBOOKS

8. **104 Activities that Build: Self-esteem, Teamwork, Communication, Anger Management, Self-discovery, and Coping Skills (Curriculum, 1998)**

Author: Alana E. Jones

Publisher: Rec Room Publishing

Price: \$24.00

These games encourage people to modify their behavior, increase interaction with others, start discussions, address issues, and build relationships. It specifically targets improving self-esteem, teamwork, coping and communication skills, anger management, and self-discovery. Case managers will find this useful for small groups or in one-on-one sessions.

9. **The 7 Habits of Highly Effective Teens: The Ultimate Teenage Success Guide (Book, 1998)**

Author: Sean Covey

Publisher: Simon & Schuster

Price: \$11.20

This engaging book applies the timeless principles of the 7 Habits to teens and the tough issues and life-changing decisions they face. It provides a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and get along with their parents. The book resists monotony by using cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world. The book is great not only for teens but also for parents and adults who influence young people.

10. **Preventing Teenage Violence (Curriculum, 1998)**

Author: John S. Wodarski and Lois A. Wodarski

Publisher: Springer Publishing Company

Reading level: College

Readability: Medium

Price: \$37.95

This curriculum provides tools and interventions for practitioners to deal effectively with problems of violence among young people. The authors present a specific intervention program for teaching teens to control their anger and a separate curriculum to help parents understand their violent teen or to prevent their teen from turning to violence. Curricula are planned out by weeks and include effective activities and handouts. Social workers, guidance counselors, teachers, and adolescent psychologists have found this to be a useful tool in their work with teens and parents.

11. **Reproductive Health Care for America's Diverse Teen Population: A Guide for Service Providers (Manual, 2002)**

Distributor: Child Trends (<http://www.childtrends.org>)

Contact information: (202) 362-5580

Reading level: High school

Readability: Medium

Cost: \$15.00

This guide for reproductive health care service providers offers recommendations for addressing developmental and cultural competence at an organizational level in order to effectively serve youth needs. Specific suggestions are made in four areas: management and administration, staff responsibilities and training, patient education, clinical services and community outreach, and reproductive health policy training and financing. This guide was developed based on research studies and input from youth advisors, professional advisors, clinic staff and administrators, and funders. It is a concise and informative guide for reproductive health care providers and provides specific advice for achieving a greater understanding of youth needs.

12. Teaching with SEX, ETC: Articles and Activities (Curriculum, 2002)

Author: Nora Gelpin, Network for Family Life Education (<http://www.sxetc.org>)

Contact information: (732) 445-7929

Reading level: High school

Readability: Medium

Cost: \$25.00

All articles and activities in this manual address the emotional needs, feelings, concerns, and desires of teens around sexuality and health. Articles are written by teens and fact-checked by sexuality experts. It is recommended that the information in this manual be thoroughly read before any activities/articles are selected for use with teens. Otherwise, these articles can help professionals understand teen perspectives. Topic areas of articles include abstinence decision-making; love and relationships; STDs; pregnancy; contraception; sexual orientation; sexual violence and abuse; substance use and abuse; and sexual health and wellness. Other sexuality education resources and organizations are listed.

13. The Teen Relationship Workbook: For professionals helping teens to develop healthy relationships and prevent domestic violence (Curriculum, 2001)

Authors: Kerry Moles & Amy L. Leutenberg-Brodsky

Publisher: Wellness Reproductions and Publishing, Inc.

Price: \$44.95

This workbook is designed for therapist, counselor, group facilitator, or other helping professional working with young people as a hands-on tool to teach teens to recognize the warning signs of relationship abuse and develop skills for healthy relationships. It includes 68 reproducible worksheets and is available through online bookstores or through the publisher.

14. What to do for Teen Health? (Book, 2000)

Distributor: Institute for Healthcare Advancement (<http://www.iha4health.org>)

Contact information: (800) 434-4633

Reading level: Elementary school

Language: English and Spanish

Cost: \$12.95

This is a great book for parents and teens alike to understand the physical and emotional changes experienced by teens. This book offers strategies to improve parent-teen communication about sexuality, help the teen do well in school, talk about dating safety and look for signs of trouble. Resources and help are offered as well. Graphics reinforce information.

15. What Parents Need to Know about Dating Violence (Book, 1995)

Author: Barrie Levy and Patricia Occhiuzzo Giggans

Publisher: Seal Press

Reading level: Middle school

Readability: Easy

Price: \$12.95

This book gives straightforward advice to parents who are struggling to deal with teenagers in abusive dating relationships. Drawing on the real life experiences of parents and teens, the authors provide up-to-date information about this difficult problem. It is an essential resource not only for parents but also for professionals who work with teens. Some of the issues discussed are: why teens do not confide in parents about an abusive relationship; how to recognize warning signs; the dynamics of abuse; and developing safety plans with a teen to avoid a potentially dangerous situation.

ARTICLES

16. **Cognitive Neuroscience and Adolescent Development**

Watkins JM and Williams, ME. Cognitive Neuroscience and Adolescent Development. *In Textbook of Adolescent Medicine*, edited by Elizabeth R. McAnarney, 99-106. Philadelphia, PA: W B Saunders Co., 1992.

This chapter discusses the links between brain development and changes in cognition during adolescence. It reviews cognitive developmental theories and how more recent research has added to these theories. This article is somewhat technical but may be interesting to those with clinical and/or human development backgrounds.

17. **Inside the Teen Brain: Behavior can be baffling when young minds are taking shape (1999)**

Brownlee S, Hotinshi R, Pailthorp B, Ragan E, Wong K. Printed in U.S. News and World Report, August 9, 1999. ***This article is being sent to all AFLP/ASPPP program managers.*

This article, written for consumers, explains the results that researchers have uncovered about the development of the brain during the teen years. The sections of the brain which are being developed during these years are those that regulate emotion, judgement, and impulse control. The authors address what these results may mean for parents and the way we look at working with adolescents.

18. **Teenage Brain: A Work in Progress (2001)**

National Institute of Mental Health (<http://www.nimh.nih.gov>)

Contact information: (301) 443-4513

Cost: FREE online at <http://www.nimh.nih.gov/publicat/teenbrain.cfm>

This research-focused fact sheet is part of the NIMH's Science on Our Minds Series and provides some insight into the complexities of cognitive development in the teen years. Through recent imaging studies, researchers have discovered that overproduction of gray matter—the thinking part of the brain—takes place not only in the early years of life, but also right before puberty.

This list is available on the AFLP webpage via the California Maternal and Child Health website at <http://www.mch.dhs.ca.gov/programs/aflp/aflp.htm>.

This annotated list was developed by the Health Education Resource Center at Education Programs Associates, a Division of California Family Health Council, Inc. as part of the AFLP/ASPPP Statewide Technical Assistance and Training Project. October 2002.